

Hi I'm Ron Straayer

Besides being 'the guy on staff' and Granby Youth Services, I'm a student at CCSU in the Marriage and Family Therapy program (expecting to graduate during the spring of 2015). This is a 2nd career for me as I am a recycled engineer. I worked for many years in optics, lasers, and imaging systems before deciding that I really loved the wonderfully messy world of people, relationships, and growth challenges (and, yes, there is a story here on how I discovered this).

I'm a dad and a granddad (grandparenting is really cool), married and living in So. Windsor. My wife and I have a vintage 1907 house which keeps me busy lovingly caring for it. We ride old-style pennyfarthing bikes, kayak, and like to travel in our spare time (I also confess that I hack around at golf). And, as you look at my wonderful, flattering picture, you will conclude that I'm either a very slow learner, or I'm prematurely aging. I guess that I'll eventually need to decide what I want to do when I grow up.

As far as therapy goes, I really feel fortunate to be doing my practicum/internship at Granby Youth Services-----and they tolerate me pretty well. I like working with everybody but find myself especially liking families, couples, and guys (of all ages). I like to help the people I'm working with identify what may be holding them back in their growth, and what we can work on together to help them move forward. There are a couple types of therapy that I particularly like: I like a structural approach that looks at how a particular family's structure can hamper their growth and I also like an approach called IFS (internal family systems) that looks at the constraints we all carry inside ourselves. IFS has been particularly helpful to me in my own personal work. I love getting to know new clients and starting to work toward helping the family write new and exciting chapters in their family storybook.